



Benton County
Employee Health Newsletter
January, 2017

5 Tips to Achieve Your New Year's Fitness Goals



Take It Easy

Think of your resolution as a lifelong commitment to a healthier lifestyle. You are much more likely to be successful if you take it easy at the beginning. For instance, you may see people exercising at a very high intensity, but you should start with low-to-moderate intensity workouts. You may know people who train six days a week, but it's fine to start with three. You may see people engage in a diverse array of physical activities, but a 15-minute walk three days a week is a great place to begin.

Be Realistic

One of the biggest problems with New Year's resolutions is they can be extremely impractical. Setting goals is a great idea, but make sure they are realistic and feasible. For example, a goal to lose 12 lbs. by Easter is both reasonable and achievable. So is a goal to complete a 5K run by tax day. Conversely, a goal to complete a marathon by that date is unrealistic and potentially unsafe for newbie runners. Think of it as if you were building a house. Start slow (i.e., low intensity and duration), develop a solid foundation of fitness and then build upon that foundation as your fitness improves.

It's that time of year again...time to focus on your New Year's resolutions. Many people begin an exercise program, but abandon it before Easter. However, you can increase your chances for long-term success if you follow these five simple tips to achieve your fitness goals.

Determine Your Readiness

Make sure you're both physically and mentally ready to start an exercise program. Tell your doctor you want to begin a fitness regimen and you want to make sure you're healthy enough to start. Once you have been physically cleared to proceed, consider your mental readiness. How likely are you to stick with an exercise program once you begin? While there are many factors to consider, three are most significant.

You are more likely to succeed if you:

- Have confidence in your exercise ability.
- Receive encouragement and support from those closest to you.
- Participate in an enjoyable form of exercise.

Create a Plan

Before you start your exercise program, answer three questions. First, when will you exercise? Identify three days and times that are convenient for you and stick with those days so you are working out at the same time each week. Second, what type of exercise will you do? The best type of exercise is one you enjoy. Don't worry about what everyone else is doing; pick an exercise that works for you. Choose from activities such as walking, cycling, running, swimming, weightlifting, skating, dancing, golf, handball, tennis and basketball. Third, how much time will you spend exercising? Start with as little as 10 minutes per session and slowly build up to at least 30 minutes per workout.

Bring a Friend

You may know someone who resolved to start exercising in the New Year. Begin your fitness journey together. It will increase your chances for success and you'll have more fun. For this to work, you have to find an exercise that both of you enjoy. This might be a challenge, but it's worth it since an exercise partner provides you with a support system, a positive social experience and inspiration. There will be times when you don't feel like working out and a partner can be just the motivation you need to get going.

Take It Easy

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<http://www.active.com/fitness/articles/5-tips-to-achieve-your-new-year-s-fitness-goals>



Try this simple New Year's Resolution work-out...

30
day

SLIM DOWN CHALLENGE



HIGH-KNEES
SPRINT

10 reps

+
LOSE THE
BLAME



JUMP-
SWITCH
LUNGE

10 reps

+
SET S.M.A.R.T.
GOALS



SQUAT
JACK

10 reps

+
DITCH ADDED
SUGAR



BURPEE

10 reps

+
AVOID
REFINED CARBS



SPEED
SKATER
LUNGE

10 reps

+
PUT DOWN
THE DRINK



PILATES
TEASER

10 reps

+
PLAN ONE
SPURGE



PLYO
PUSH-UP

10 reps

+
ALLOW
SPONTANEOUS
INDULGENCE

20 reps

+
KEEP GRAINS
IN CHECK

20 reps

+
EAT ONLY
WHEN HUNGRY

20 reps

+
GO FOR
A WALK

20 reps

+
NEVER SKIP
BREAKFAST

20 reps

+
SAY NO TO
JUNK FOOD

20 reps

+
NIX PROCESSED
FOODS

20 reps

+
SHOP FOR
WHOLE FOODS

30 reps

+
MEAL
PREP

30 reps

+
REORGANIZE
YOUR FRIDGE

30 reps

+
KEEP A
FOOD JOURNAL

30 reps

+
RAMP UP
PROTEIN INTAKE

30 reps

+
VEGGIES/FRUIT
ON EVERY PLATE

30 reps

+
KNOW YOUR
HEALTHY FATS

30 reps

+
KEEP PORTIONS
IN CHECK

40 reps

+
TRACK TOTAL
CALORIES

40 reps

+
EAT AT
THE TABLE

40 reps

+
ELIMINATE
DISTRACTIONS

40 reps

+
SLOW
DOWN

40 reps

+
DOWNSIZE
DINNERWARE

40 reps

+
BUST OUT
THE SCALE

40 reps

+
REDUCE
SODIUM

50 reps

+
SLEEP 7+
HOURS

50 reps

+
CUT 100
CALORIES



#SHAPESlimDown

shape.com/SlimDown

SHAPE

Are all vitamins created Equal?



Find out what you need to know before your next trip to the store.

Let's take a closer look at why all multivitamins are **not** created equal. *Some may in fact have little impact on your health.* So remember, you must be very cautious when choosing a product to ensure that your multivitamin benefits and does not harm your health.

Why You Should Avoid Certain Synthetic Forms of Vitamins Like the Plague...

If you shop for your supplements at discount stores, you may be seriously shortchanging yourself because many of those products typically use cheap synthetic isolate forms. Instead of seeking a good multivitamin, millions of people take certain forms of synthetic vitamins, which do very little to support their optimal health. You see, certain synthetic forms of vitamins are **partial** vitamins, combined with other chemicals. They're completely different than vitamins from whole, real food. When you remove a part from the whole, you get "synthetic," "isolated," or "fractionated" pieces of the whole, *but it's simply not the same.*

Here are four major problems with these synthetic-only vitamins...

1. Nature intended for you to consume food in WHOLE form because all the vitamins, minerals, antioxidants, and enzymes are together in one package. They work synergistically to give your body the nutrition it requires for optimal health.
2. Your body only absorbs a percentage of these synthetic forms of vitamins and minerals - and it utilizes even less. You get the best bioavailability in combination whole food form.
3. Synthetic vitamins often give you massive quantities of some nutrients (usually the most inexpensive ones) and insufficient quantities of others.
4. You may experience side effects of certain synthetic vitamins because the form of the vitamin is not the natural form.



Common Synthetic Vitamins to Avoid:

Look for clues on your vitamin's label that offer insight into the origin of the vitamin.

- **Vitamin A:** Retinyl Palmitate
- **Vitamin B1 (Thiamine):** Thiamine Mononitrate, Thiamine Hydrochloride
 - **Vitamin B2 (Riboflavin):** Riboflavin
 - **Pantothenic Acid:** Calcium D-Pantothenate
- **Vitamin B6 (Pyridoxine):** Pyridoxine Hydrochloride
 - **Vitamin B12:** Cyanocobalamin
- **PABA (Para-aminobenzoic Acid):** Aminobenzoic Acid
 - **Folic Acid:** Pteroylglutamic Acid
- **Choline:** Choline Chloride, Choline Bitartrate
 - **Biotin:** d-Biotin
- **Vitamin C (Ascorbic Acid):** Ascorbic Acid
- **Vitamin D:** Irradiated Ergosterol, Calciferol
- **Vitamin E:** dl-alpha tocopherol, dl-alpha tocopherol acetate or succinate
NOTE: The "dl" form of any vitamin is synthetic.

Other Toxic Ingredients to Avoid In Supplements

- Magnesium stearate (or stearic acid)
- **Monosodium Glutamate** (MSG) disguised as "natural flavors"
 - Carnauba wax is used in car wax and shoe polish
 - Titanium dioxide is a carcinogen

<http://www.globalhealingcenter.com/natural-health/synthetic-vs-natural-vitamins/>

What Can a High-Quality Multivitamin Do for You?

A high-quality multivitamin helps promote your strong immune system, building up your body's defenses.*

Here's the stringent criteria I used to find you a high-quality, high-potency multivitamin:

- **Must be produced by a highly reputable company** with the highest-quality control manufacturing practices in place – focusing on quality as a higher priority than quantity.
- **Must go beyond RDA** (Recommended Daily Allowance) and RDI (Recommended Daily Intake) guidelines for certain vitamins.
- **Must include the added bonus of essential minerals** – Minerals add their unique layer of nutritional support.*
 Many high-potency multivitamins with rich vitamin concentrations lack important minerals.

WHY YOUR BODY LOVES SLEEP



Photo: Getty

Sources: National Sleep Foundation; U.S. Department of Health and Human Services; University of Rochester Medical Center; National Center on Sleep Disorders Research; Philip Gehrman, Ph.D., assistant professor of psychiatry, University of Pennsylvania

THE HUFFINGTON POST

Foods That Help or Harm Your Sleep



What You Eat Affects How You Sleep

If you could pick the right foods to help you get the best sleep possible, wouldn't you? And if you knew which foods would hinder your restful slumber, wouldn't you avoid them? Now's your chance to learn which foods to eat, and which to steer clear of for a good night's sleep.

Reach for Tryptophan-Rich Foods

We've all heard of warm milk's magical ability to send us off to dreamland. Do you know why it's true? **Dairy foods** contain tryptophan, which is a sleep-promoting substance. Other foods that are high in tryptophan include **nuts and seeds, bananas, honey, and eggs.**

Indulge Your Craving for Carbs

Carbohydrate-rich foods complement dairy foods by increasing the level of sleep-inducing tryptophan in the blood. So a few perfect late night snacks to get you snoozing might include a bowl of cereal and milk, yogurt and crackers, or bread and cheese.

Have a Snack before Bedtime

If you struggle with insomnia, a little food in your stomach may help you sleep. But don't use this as an open invitation to pig out. **Keep the snack small.** A heavy meal will tax your digestive system, making you uncomfortable and unable to get soothing ZZZs.

Put Down the Burger and Fries!

As if you needed another reason to **avoid high-fat foods**, research shows that people who often eat high-fat foods not only gain weight, they also experience a disruption of their sleep cycles. A heavy meal activates digestion, which can lead to nighttime trips to the bathroom.

Beware of Hidden Caffeine

It's no surprise that an evening cup of coffee might disrupt your sleep. Even moderate caffeine can cause sleep disturbances. But don't forget about less obvious caffeine sources, like **chocolate, cola, tea, and decaffeinated coffee**. For better sleep, cut all caffeine from your diet four to six hours before bedtime.

Medications May Contain Caffeine

Some over-the-counter and prescription drugs contain caffeine, too, such as **pain relievers, weight loss pills, diuretics, and cold medicines**. These and other medications may have as much or even more caffeine than a cup of coffee. Check the label of nonprescription drugs or the prescription drug information sheet to see if your medicine interferes with sleep or can cause insomnia.

Skip the Nightcap

Here's the catch-22 with alcohol: It may help you fall asleep faster, but you may experience frequent awakenings, less restful sleep, headaches, night sweats and nightmares. If you're drinking alcohol in the evening, balance each drink with a glass of water to dilute the alcohol's effects. For a good night's sleep, the better bet is to **avoid alcohol** four to six hours before bedtime.

Beware of Heavy, Spicy Foods

Lying down with a full belly can make you uncomfortable, since the digestive system slows down when you sleep. It can also lead to heartburn, as can spicy cuisine. Make sure to finish a heavy meal at least four hours before bedtime.

Keep Protein to a Minimum at Bedtime

Sorry Atkins. Protein, an essential part of our daytime fare, can be a poor choice for a bedtime snack. Protein-rich, high-fat foods are harder to digest. So skip the fatty high-protein snack before bedtime and opt for a glass of warm milk or some sleep-friendly carbs, like crackers.

Cut the Fluids by 8 P.M.

Yes, staying hydrated throughout the day is great for your body, but curtail your fluid intake before bed. You're sure to have interrupted sleep if you're constantly getting up to go to the bathroom.

Don't Be Fooled by a Relaxing Smoke

Nicotine is a stimulant, with effects similar to caffeine. Avoid smoking altogether and especially before bedtime or if you wake up in the middle of the night.

<http://www.webmd.com/sleep-disorders/ss/slideshow-sleep-foods>



With New Year's Resolutions, don't forget to treat yourself.....Here are 5 Amazing Breakfast Banana Splits!

MAPLE PECAN



TOASTED PECANS

+



MAPLE SYRUP



GREEK YOGURT

+



FRESH BLUEBERRIES



ROASTED BLUEBERRIES



VANILLA
FROZEN YOGURT

+



ROASTED
BLUEBERRIES



GRANOLA



NUTELLA & STRAWBERRIES



NUTELLA

+



DICED
STRAWBERRIES



RICOTTA CHEESE



PINA COLADA



COCONUT MILK
ICE CREAM

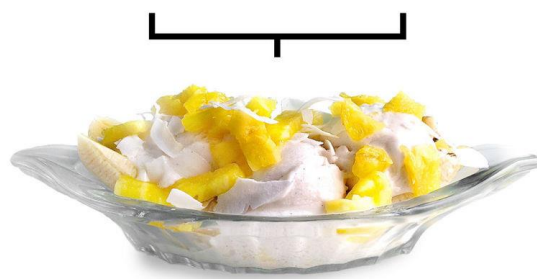
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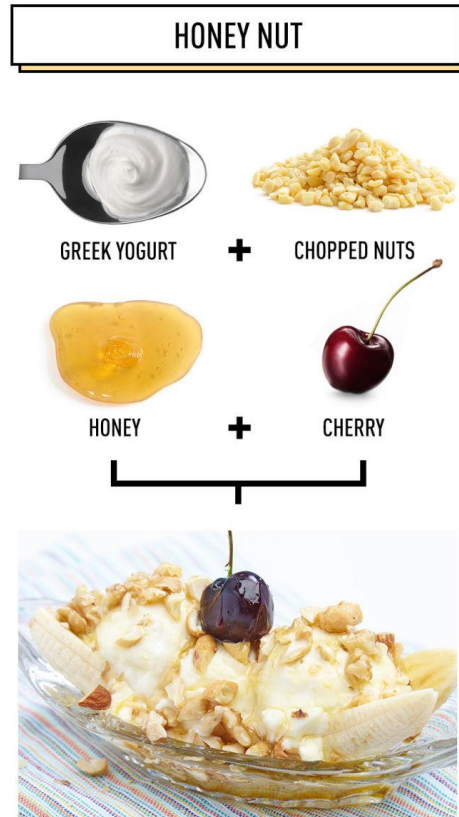
DICED PINEAPPLE



TOASTED COCONUT



It's happiness in a banana-shaped dish.



Benton County Emergency Management

Be Ready Bulletin

[Sign up for Smart911](#)

Please see attachment for complete view of the Emergency Management Newsletter!!

REMINDER to ALL EMPLOYEES: The Bentonville Community Center offers a
20% corporate discount to Benton County Employees.

If you are interested, please contact Robin Stout at 479-271-1091.

*We would like to know if you are interested in a health topic you feel others would
like to learn about. Please share your ideas by emailing:*

robin.stout@bentoncountyar.gov

Thank you, Benton County Health & Wellness Committee